

Student Development Services
Physical Education Section

REGULAR PE COURSES TIMETABLE
Semester A (2024-2025) (10/09/2024 to 15/11/2024)

Course Code	Regular PE Courses	Section No.	Date	Time	Max. No. Per Section	Venue	Remarks
PED 1101	Canoeing – Ele	T01	11/9, 25/9, 2/10, 9/10, 16/10, 23/10 (Wed)	1400-1520	10	Swimming Pool, CityUHK	Only those who are able to swim at least 200M can apply. A water test will be held at the first session.
PED 1102	Snorkel Diving – Ele	T01	12/9, 19/9, 26/9, 3/10, 10/10, 17/10 (Thu)	1400-1520	10	Swimming Pool, CityUHK	Only those who are able to swim at least 200M can apply. A water test will be held at the first session.
PED 1103	Swimming – Ele	T01 T02 T03 T04	10/9, 12/9, 17/9, 19/9, 24/9, 26/9, 3/10, 8/10 (Tue & Thu) 10/9, 12/9, 17/9, 19/9, 24/9, 26/9, 3/10, 8/10 (Tue & Thu) 10/9, 12/9, 17/9, 19/9, 24/9, 26/9, 3/10, 8/10 (Tue & Thu) 11/9, 13/9, 20/9, 25/9, 27/9, 2/10, 4/10, 9/10 (Wed & Fri)	1400-1450 1500-1550 1600-1650 1600-1650	16	Swimming Pool, CityUHK	Front crawl and breast stroke will be taught in elementary courses.
PED 1305	Physical Fitness – Ele	T01 T02 T03 T04 T05 T06 T07 T08 T09 T10 T11 T12 T13 T14 T15 T16 T17 T18 T19 T20 T21 T22 T23 T24 T25 T26 T27 T28	16/9 (Mon) 23/9 (Mon) 30/9 (Mon) 7/10 (Mon) 14/10 (Mon) 21/10 (Mon) 28/10 (Mon) 4/11 (Mon) 10/9 (Tue) 17/9 (Tue) 24/9 (Tue) 8/10 (Tue) 15/10 (Tue) 22/10 (Tue) 29/10 (Tue) 5/11 (Tue) 12/9 (Thu) 19/9 (Thu) 26/9 (Thu) 3/10 (Thu) 11/9 (Wed) 25/9 (Wed) 2/10 (Wed) 9/10 (Wed) 12/9 (Thu) 19/9 (Thu) 26/9 (Thu) 3/10 (Thu)	1400-1550 1400-1550 1400-1550 1400-1550 1400-1550 1400-1550 1400-1550 1400-1550 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 0900-1050 1500-1650 1500-1650 1500-1650 1500-1650 1400-1550 1400-1550 1400-1550 1400-1550	26	Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (the opposite side of the CityU Medical Clinic)	Attend a 2-hour session on the date specified only. Only those with full attendance and pass the course assessment will be eligible to use the Physical Fitness Room I and II.
PED 1308	Fitball – Ele	T01	16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11 (Mon)	1500-1550	12	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1309	Pilates Mat – Ele	T01 T02	10/9, 17/9, 24/9, 8/10, 15/10, 22/10, 29/10, 5/11 (Tue) 12/9, 19/9, 26/9, 3/10, 10/10, 17/10, 24/10, 31/10 (Thu)	1000-1050 1000-1050	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1310	Refreshing Yoga – Ele	T01 T02	10/9, 17/9, 24/9, 8/10, 15/10, 22/10, 29/10, 5/11 (Tue) 12/9, 19/9, 26/9, 3/10, 10/10, 17/10, 24/10, 31/10 (Thu)	0900-0950 0900-0950	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1315	Tabata – Ele	T01	16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11 (Mon)	1600-1650	14	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1317	High Intensity Interval Training (HIIT) – Ele	T01 T02	10/9, 17/9, 24/9, 8/10, 15/10, 22/10, 29/10, 5/11 (Tue) 12/9, 19/9, 26/9, 3/10, 10/10, 17/10, 24/10, 31/10 (Thu)	1100-1150 1600-1650	14	Physical Fitness Room II, James Liu Multi-Purpose Room, BOC (the opposite side of the CityU Medical Clinic)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1402	Golf – Ele	T01 T02 T03	11/9, 25/9, 2/10, 9/10 (Wed) 12/9, 19/9, 26/9, 3/10 (Thu) 10/10, 17/10, 24/10, 31/10 (Thu)	0930-1120 0930-1120 0930-1120	10	Joint Sports Centre (JSC) and venue off-campus	Students are required to pay for the off-campus venue charges in the last lesson. Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1404	Archery – Ele	T01 T02 T03 T04	16/9, 23/9, 30/9, 7/10 (Mon) 14/10, 21/10, 28/10, 4/11 (Mon) 17/9, 24/9, 8/10, 15/10 (Tue) 22/10, 29/10, 5/11, 12/11 (Tue)	0930-1120 0930-1120 1430-1620 1430-1620	14	Multi-purpose Court, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1406	Woodball – Ele	T01	13/9, 20/9, 27/9, 4/10 (Fri)	1600-1750	12	Grass Pitch, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1502	Tai Chi Chuan (24 Forms) – Ele	T01 T02	16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11 (Mon) 16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11 (Mon)	0900-0950 1000-1050	12	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1503	Tai Chi Sword (32 Forms) – Ele	T01	16/9, 23/9, 30/9, 7/10, 14/10, 21/10, 28/10, 4/11 (Mon)	1100-1150	12	Practice Gym 1, Hu Fa Kuang Sports Centre (facing the Swimming Pool)	Participants should possess the basic techniques of Martial Art (e.g. Tai Chi Chuan, Wing Chun, Judo, Karate etc). Students would not be allowed to enter the room when the class is in progress for 15 min.
PED 1601	Badminton – Ele	T01 T02 T03 T04 T05	10/9, 17/9, 24/9, 8/10 (Tue) 15/10, 22/10, 29/10, 5/11 (Tue) 12/9, 19/9, 26/9, 3/10 (Thu) 10/10, 17/10, 24/10, 31/10 (Thu) 13/9, 20/9, 27/9, 4/10 (Fri)	1400-1550 1400-1550 1400-1550 1400-1550 1400-1550	16	Boundary Street Sports Centre No. 1	Students should have to consider the traveling time (25 minutes) from Main Campus to Boundary Street Sports Centre No. 1. Please refer to https://maps.app.goo.gl/zeerB5rPSLYK e8V4A for the location of the Centre.

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Course Code	Regular PE Courses	Section No.	Date	Time	Max. No. Per Section	Venue	Remarks
PED 1602	Squash – Ele	T01 T02 T03 T04	10/9, 17/9, 24/9, 8/10 (Tue) 15/10, 22/10, 29/10, 5/11 (Tue) 12/9, 19/9, 26/9, 3/10 (Thu) 10/10, 17/10, 24/10, 31/10 (Thu)	1000-1150 1000-1150 1000-1150 1000-1150	14	Cornwall Street Squash and Table Tennis Centre	Students who wear spectacles are encouraged to use plastic lens. Students should have to consider the traveling time (15 minutes) from Main Campus to Cornwall Street Squash Centre and Table Tennis Centre. Please refer to https://maps.app.goo.gl/PfnJQXf2shGr7GND7 for the location of the Centre.
PED 1603	Table Tennis – Ele	T01 T02	20/9, 27/9, 4/10, 18/10 (Fri) 25/10, 1/11, 8/11, 15/11 (Fri)	1400-1550 1400-1550	16	Cornwall Street Squash and Table Tennis Centre	Students should have to consider the traveling time (15 minutes) from Main Campus to Cornwall Street Squash Centre and Table Tennis Centre. Please refer to https://maps.app.goo.gl/PfnJQXf2shGr7GND7 for the location of the Centre.
PED 1605	Tennis – Ele	T01 T02 T03 T04	16/9, 23/9, 30/9, 7/10 (Mon) 14/10, 21/10, 28/10, 4/11 (Mon) 10/9, 17/9, 24/9, 8/10 (Tue) 15/10, 22/10, 29/10, 5/11 (Tue)	0930-1120 0930-1120 1430-1620 1430-1620	16	Tennis Court, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1701	Basketball (Men) – Ele	T01	11/9, 25/9, 2/10, 9/10 (Wed)	1000-1150	20	Shek Kip Mei Park Sports Centre	Students should have to consider the traveling time (20 minutes) from Main Campus to Shek Kip Mei Park Sports Centre. Please refer to https://goo.gl/maps/FfJxb1DyRQn for the location of the Centre.
PED 1706	Soccer – Ele	T01	10/9, 17/9, 24/9, 8/10 (Tue)	0930-1120	20	Grass Pitch, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1707	Softball – Ele	T01	13/9, 20/9, 27/9, 4/10 (Fri)	1600-1750	20	Grass Pitch, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1708	Volleyball – Ele	T01	16/9, 23/9, 30/9, 7/10 (Mon)	1400-1550	20	Shek Kip Mei Park Sports Centre	Students should have to consider the traveling time (20 minutes) from Main Campus to Shek Kip Mei Park Sports Centre. Please refer to https://goo.gl/maps/FfJxb1DyRQn for the location of the Centre.
PED 1711	Futsal – Ele	T01	20/9, 27/9, 4/10, 18/10 (Fri)	1430-1620	16	Multi-purpose Court, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 1712	Floorball – Ele	T01	19/9, 26/9, 3/10, 10/10 (Thu)	0930-1120	12	Multi-purpose Court, Joint Sports Centre (JSC)	Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 2103	Swimming – Inter	T01	11/9, 13/9, 20/9, 25/9, 27/9, 2/10, 4/10, 9/10 (Wed & Fri)	1500-1550	16	Swimming Pool, CityUHK	The improver course is designed for swimmers who can swim at least 50M in any stroke. A screening test will be conducted by the instructor at the first lesson.
PED 2402	Golf – Inter	T01	16/10, 23/10, 30/10, 6/11 (Wed)	0930-1120	10	Joint Sports Centre (JSC) and venue off-campus	A screening test will be conducted by instructor at the first lesson. Students are required to pay for the off-campus venue charges in the last lesson. Students should have to consider the traveling time (25 minutes) from Main Campus to Joint Sport Centre, Renfrew Road. Please refer to https://maps.app.goo.gl/XPYwFAYFpuZc6hss8 for the location of the Centre.
PED 2601	Badminton – Inter	T01	18/10, 25/10, 1/11, 8/11 (Fri)	1400-1550	16	Boundary Street Sports Centre No. 1	Students should have to consider the traveling time (25 minutes) from Main Campus to Boundary Street Sports Centre No. 1. Please refer to https://maps.app.goo.gl/zeerB5rPSLYK e8V4A for the location of the Centre.

Ele – Elementary
Inter – Intermediate

REGULAR PE COURSES TIMETABLE
Semester A (2024-2025) (10/09/2024 to 15/11/2024)

Application Schedule for Semester A PE Courses (2024-2025)

- Web Add/Drop Period :**
- a. For Undergraduate students : **First Period : 26 August 2024 (0900-1830);**
Second Period : 28 August 2024 (0900-1800), 29 August 2024 (1000-1600);
Third Period : 30 August (0845) to 9 September 2024 (2330)
 - b. For Postgraduate / Research students : **29 August 2024 (1800) to 9 September 2024 (2330) via e-Portal /AIMS**
- Course Duration :** Most of the PE courses would be started from 10 September 2024 to 15 November 2024. Please attend the course according to the PE course timetable.
<https://www.cityu.edu.hk/sds/physical-education-wellness-and-sports/pe-courses/regular-pe-courses/courses-details>
- Registration :** For details, *please visit the Course Registration website under Academic Information of CityU Student Intranet.*
- Passing Grade :** A "PASS" grade would be recorded on the transcripts for those students who have achieved 80% of attendance and passed the knowledge and skill requirements of the course assessment.
A record of "Not Completed" would be marked on the transcripts for those students who have either failed the knowledge and skill requirements of the course assessment or could not achieve 80% of attendance.

Attending the Course & Stand-by Policy

1. No e-mail reminder will be sent to successful applicants. Successful applicants **MUST attend the first lesson** of their registered courses. Absentees without advance notification to the PE Section will be considered as giving up their right to pursue the courses and a record of "Not Completed" would be marked on their transcripts. All vacancies would be taken up by stand-by students.
2. **Stand-by** students should turn up at the teaching venues in proper sports clothes/shoes **on the first lesson** to find out if there are any vacancies in the courses. Successful stand-by students are required to fill in and submit the add form which is distributed by the course instructor on the first lesson of the course.
3. Students who wish to drop the courses must complete the cancellation notice via e-Portal /AIMS within add/drop period
 - i.e. a. For Undergraduate students : **First Period : 26 August 2024 (0900-1830);**
Second Period : 28 August 2024 (0900-1800), 29 August 2024 (1000-1600);
Third Period : 30 August (0845) to 9 September 2024 (2330)
 - b. For Postgraduate / Research students : **29 August 2024 (1800) to 9 September 2024 (2330)**

NO late drop would be entertained after the period. **A record of "Not Completed" would also be given to those students who have not dropped the registered course during the period.**

Remarks

1. All courses are offered at the elementary level unless otherwise specified. Students attending the intermediate or improver's courses are required to have knowledge and skill at elementary or equivalent levels; a screening test will be conducted by the instructors at the first lesson.
2. Students attending the courses should be **dressed in proper sportswear/attire**. Footwear must be non-marking rubber-soled sports shoes unless otherwise specified.
3. Students should observe the regulations governing the use of all on and off-campus sports facilities.
4. Students participate in the course(s) at their own risk; City University of Hong Kong will bear no responsibility or liability whatsoever for any accident.
5. The PE Section reserves the right to alter or cancel the courses as needed under specific conditions. In the event that class is cancelled due to unforeseeable circumstances, make up class may only be arranged when venue is available, students will be informed in due course.

Enquiries: Please call 3442 8025 (PE General Office) or send **E-mail:** sope@cityu.edu.hk

Students are also welcome to contact the staff of the PE Section who are responsible for the administration of all PE Courses directly.

1. Mr. Vincent Kwan 3442 8054 2. Ms. Winnie Wong 3442 8052 3. Mr. Gordis Yau 3442 8150

The timetable will be available at 6/F, Block 1, To Yuen Building or at the link provided below from 30 July 2024:

<https://www.cityu.edu.hk/sds/physical-education-wellness-and-sports/pe-courses/regular-pe-courses/courses-details>